

Active Living Centre (ALC)



PROGRAM INFORMATION

Our programs are geared toward individuals 55 years of age and older. We encourage anyone living in the community to become involved. We try to reach and engage isolated, frail seniors and/or home bound seniors by partnering with local hospitals and social workers. Our goal is to help seniors in the community remain active and healthy while living in their homes. Some of the programs we offer are free, while others have a fee associated with them. There is an annual membership fee for additional ALC perks!

SERVICES

Yearly membership of \$40.00.
Select classes and trips may require additional fees.
Transportation is offered to ALC program for a fee. The transportation catchment area is North - Steeles, South - Lakeshore, East – Pickering Town Line, and West – Victoria Park for Scarborough Ride

LOCATIONS

Main location at 629 Markham Rd
But locations vary depending on program.

PROGRAM CONTACT INFO

Please contact cssintake@schcontario.ca or
416 847 4134 for more info

ELIGIBILITY

Seniors 65 years of age and older, isolated, frail and/or home bound. Intake required. **Fee for service.**

VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at
416-847-4127 or volunteerprogram@schcontario.ca

**For more services please contact
SCHC at 416-642-9445**

info@schcontario.ca www.schcontario.ca

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